

GOBIND MARG

**THE MONTHLY BULLETIN OF
GURDWARA SRI GURU SINGH SABHA – HOUNSLOW**

APRIL 2020 – VOL XXVII ISSUE – VOL XXVII ISSUE 4



Guru Gobind Singh ji chose the Visakhi festival as the historic moment to establish the Khalsa, with the 'Beloved Five', in 1699.

**Monday - Saturday
(Excluding Tuesdays)****AM**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.45	Katha
11.30	Ardass

PM

6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

Sundays Only

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
8.00	Akhand Paath or Sehaj Paath Bhog or Sukhmani Sahib
9.00	Kirtan
9.45	Ardass
10.00	Youth Kirtan
11.00	Kirtan

PM**Tuesdays Only**

4.00	Parkash
5.00	Nitnem
6.00	Simran
6.30	Asa-Di-Vaar
7.45	Ardass
10.00	Kirtan
10.30	Katha
11.00	Sukhmani Paath

PM

12.00	Katha
1.00	Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

PM

12.15	Ladies Kirtan
2.00	Ardass
6.00	Rehraas
6.30	Kirtan
7.00	Katha
7.30	Ardass
8.00	Sukhasan

NOTE

Occasionally, at very short notice, circumstances may require varying from the above published times.



ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦ



GURDWARA SRI GURU SINGH SABHA

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Registered as a place of worship under the Worship Registration
 Act 1855 No. on Register 75990

Registered Charity No. 83314

Inland Revenue Ref. CC 15570

April 2020

Important Days	Event/ Guru Sahib	Nanakshahi Calendar Day
Pooranmashi/ Purnima	Full Moon	8 April
Sangrand	Beginning of New Month	14 April
Massia	No Moon (Dark Night)	23 April
Good Friday		10 April
Easter Monday		13 April
Sikh Events		
Birthday	Baba Jujhar Singh ji	9 April
Vaisakhi	Panj Piare - Guru Gobind Singh ji	14 April
Parkash Divas	Guru Arjan Dev ji	18 April
Parkash Divas	Guru Tegh Bahadur ji	18 April
Jyoti Jot	Guru Angad Dev ji	16 April
Jyoti Jot	Guru Har Krishan ji	16 April

Activities, Facilities and Education Classes

Please note that the Gurdwara services have been suspended for the duration of the government Corona virus (Covid-19) restrictions. See the General Secretary's Report.

General Secretary's Report

March and April herald the onset of much awaited Spring. Crocosuses and daffodils bloom forth and bring colour to our front gardens. The Earth starts waking up after a long slumber. This year our gurdwara, too, started buzzing up with more activity and marriages appeared on our weekend schedules.

Trip to Pakistan

Mrs Surinder Kaur Rana ji, a senior member of our board of trustees, organised a 10 day trip to Pakistan. The party consisted of 16 members of the Gurdwara. Mrs Rana ji's previous contact there, Dr Asma Qadri contributed to the success of the whole trip, having organised a welcome by Panjab University where Charanjit Ajit Singh ji and Gurmeet Singh ji expressed their appreciation. On subsequent days the party visited Nankana Sahib, Panja Sahib, Dera Sahib, Kartarpur Sahib and other important Sikh shrines. They were also taken on site-seeing and shopping trips. During their stay they were very impressed with the hospitality and warmth of feeling shown by the people of Pakistan. The party returned satisfied and very happy about their experience.



Coronavirus Covid-19

Hardly had the people begun to notice the increasing brightness and warmth, when the huge curse of the Coronavirus seemed to descend from the sky and take hold of the whole world in its vicious grip. Every national government has been engaged in relentless effort to stall its fast spread. Our gurdwara, too, straightway tried to make our sangat aware of the deadly nature of this virus and advised them most earnestly to follow the NHS Guidelines. The number of people coming to the gurdwara dropped significantly.

On 21st March, after an emergency sevadar meeting, the Gurdwara Committee approved the request that the gurdwara should be closed. The decision was taken reluctantly but entirely in the interests of the safety of the Sangat. The gurdwara conforms fully with the current government advice and directive. We have taken an unprecedented action, in a most extraordinary situation!

We sincerely hope and earnestly pray that a cure for this virus may be found soon and normality restored.

Message from the Gurdwara Committee

Gurdwara Sahib closed to the Sangat on Saturday 21 March 8.00 pm, in light of the strong direction from the Director of Health LB Hounslow, the government and in recognition of our responsibility towards our communities to help stop the spread of the corona virus (COVID-19). Our Granthi Sevadars continue the daily seva of Nitnem, Prakash, and Sukhasan.

Guru Nanak Dev ji taught us Naam Japna and daily Simran to remember Waheguru, which we should all continue to practise in the safe surroundings of our homes. We all join together in prayer for 'Sarbat da Bhalla' – the welfare of humanity across the world.

ਅਨਿਕ ਬਿਘਨ ਜਹ ਆਇ ਸੰਘਾਰੈ ॥ ਹਰਿ ਕਾ ਨਾਮੁ ਤਤਕਾਲ ਉਧਾਰੈ ॥

Where countless misfortunes threaten to destroy you, the Name of the Lord shall rescue you in an instant (Sukhmani Sahib, SGSS p. 264).

Rescheduling of Programmes

Weddings and Private Events

All weddings and private events have to be postponed till safety returns to our land.

Funerals

Funeral service with no more than 10 persons is being provided by the local crematoriums. Our Granthis are not able to visit your home or the crematorium. We recommend that you do paath, Waheguru simran and ardaas in the safety of your home.

Punjabi Classes

All classes are cancelled. This will obviously impact the children taking exams in June. They should contact their teacher for further information.

We deeply regret taking these decisions but hope you understand that they are for everyone's protection. We need to make sure that we only provide our services in an environment that is safe from the Corona virus (COVID-19) as per government guidance.

These are very difficult times for the elderly and vulnerable people of the community. We will continue to give service to those in need. If you know anyone who is isolated and needs help, e.g. getting groceries or medicines, please bring it to our attention and our sevadars will try and help them.

General enquires: Tel 020 8 577 2793, or email khalsa@sgss.org

Marriage enquires: Please do not call the unmanned office. Email marriages@sgss.org

ਜਪੁਜੀ ਸਾਹਿਬ

ਪਉੜੀ ੩੫

ਧਰਮ ਖੰਡ ਕਾ ਏਹੋ ਧਰਮੁ॥

ਗਿਆਨ ਖੰਡ ਕਾ ਆਖਹੁ ਕਰਮੁ॥

ਕੇਤੇ ਪਵਣ ਪਾਣੀ ਵੈਸੰਤਰ ਕੇਤੇ ਕਾਨ ਮਹੇਸ॥

ਕੇਤੇ ਬਰਮੇ ਘਾੜਤਿ ਘੜੀਅਹਿ ਰੂਪ ਰੰਗ ਕੇ ਵੇਸ॥

ਕੇਤੀਆ ਕਰਮ ਭੂਮੀ ਮੇਰ ਕੇਤੇ ਕੇਤੇ ਧੂ ਉਪਦੇਸ॥

ਕੇਤੇ ਇੰਦ ਚੰਦ ਸੂਰ ਕੇਤੇ ਕੇਤੇ ਮੰਡਲ ਦੇਸ॥

ਕੇਤੇ ਸਿਧ ਬੁਧ ਨਾਥ ਕੇਤੇ ਕੇਤੇ ਦੇਵੀ ਵੇਸ॥

ਕੇਤੇ ਦੇਵ ਦਾਨਵ ਮੁਨਿ ਕੇਤੇ ਕੇਤੇ ਰਤਨ ਸਮੁੰਦ॥

ਕੇਤੀਆ ਖਾਣੀ ਕੇਤੀਆ ਬਾਣੀ ਕੇਤੇ ਪਾਤ ਨਰਿੰਦ॥

ਕੇਤੀਆ ਸੁਰਤੀ ਸੇਵਕ ਕੇਤੇ ਨਾਨਕ ਅੰਤੁ ਨ ਅੰਤੁ॥ ੩੫॥

ਸਤਿਗੁਰੂ ਜੀ ਪਉੜੀ ੩੪ ਤੋਂ ੩੭ ਤਕ ਮਨੁੱਖ ਦੀ ਆਤਮਕ ਅਵਸਥਾ ਪੰਜ ਹਿੱਸੇ ਵਿਚ ਦੱਸਦੇ ਹਨ: ਧਰਮ ਖੰਡ, ਗਿਆਨ ਖੰਡ, ਸਰਮ ਖੰਡ, ਕਰਮ ਖੰਡ ਤੇ ਸੱਚ ਖੰਡ। ਜਿਸ ਤਰ੍ਹਾਂ ਜਿਗਿਆਸੂ ਦੀ ਆਤਮਕ ਅਵਸਥਾ ਉੱਚੀ ਹੋਂਦੀ ਜਾਂਦੀ ਹੈ, ਉਸਦੀ ਸੁਰਤ ਇਹਨਾਂ ਸਾਰੇ ਪੜਾਵਾਂ ਵਿੱਚੋਂ ਲੰਘ ਕੇ ਅਕਾਲ ਪੁਰਖ ਨਾਲ ਇਕ ਮਿਕ ਹੋ ਜਾਂਦੀ ਹੈ। ਧਰਮ ਖੰਡ ਪਹਿਲੀ ਅਵਸਥਾ ਹੈ ਜਿਥੇ ਵਿਅਕਤੀ ਆਪਣੇ ਧਰਮ ਨੂੰ ਪਛਾਣਦਾ ਹੈ। ਚੰਗੇ ਮਾੜੇ ਦੀ ਪਰਖ ਕਰ ਕੇ ਲੋਕ ਹਿਤ ਵਿਚ ਵਿਚਰਦਾ ਹੈ।

ਦੂਸਰੇ ਪੜਾਓ ਵਿਚ ਗਿਆਨ ਪ੍ਰਧਾਨ ਹੈ ਜੋ ਬੰਦੇ ਨੂੰ ਉੱਦਮ ਵੱਲ ਪ੍ਰੇਰਦਾ ਹੈ। ਪੁਰਾਣੇ ਸੰਸਕਾਰਾਂ ਨੂੰ ਤੋੜ ਕੇ ਨਵੇਂ ਸੰਸਕਾਰਾਂ ਦੀ ਘਾੜਤ ਘੜਦਾ ਹੈ। ਵਿਦਿਆ ਤੇ ਵਿਚਾਰ ਦੁਆਰਾ ਗਿਆਨ ਪ੍ਰਾਪਤ ਹੋਂਦਾ ਹੈ। ਕਈ ਪ੍ਰਕਾਰ ਦੇ ਪਉਣ, ਪਾਣੀ ਤੇ ਅਗਨੀਆਂ ਹਨ। ਕਈ ਕ੍ਰਿਸ਼ਨ, ਸ਼ਿਵ ਤੇ ਬ੍ਰਹਮਾ ਹਨ, ਪਰ ਇਹਨਾਂ ਦਾ ਕੋਈ ਰੂਪ ਰੰਗ ਨਹੀਂ ਹੈ। ਵਾਹਿਗੁਰੂ ਦੀ ਕੁਦਰਤ ਵਿਚ ਬੇਅੰਤ ਧਰਤੀਆਂ ਹਨ, ਕਈ ਪਰਬਤ ਤੇ ਕਈ ਸਤਾਰੇ ਹਨ। ਕਈ ਦੇਵਤੇ ਅਤੇ ਚੰਦ ਸੂਰਜ ਆਦਿ ਹਨ। ਬੇਅੰਤ ਸਿੱਧ, ਬੁੱਧ ਤੇ ਨਾਥ ਹਨ। ਅਕਾਲ ਪੁਰਖ ਦੀ ਰਚਨਾ ਵਿਚ ਕਈ ਦੇਵਤੇ ਅਤੇ ਰਾਖਸ਼ ਹਨ। ਬੇਅੰਤ ਸਮੁੰਦਰ, ਪਾਤਸ਼ਾਹ ਤੇ ਬਾਣੀਆਂ, ਤੇ ਧਿਆਨ ਹਨ। ਗਿਆਨ ਦੀ ਬਰਕਤ ਨਾਲ ਹਿਰਦਾ ਵਿਸ਼ਾਲ ਹੋ ਜਾਂਦਾ ਹੈ।

There are five different states of mind, ie., realms of justice, domain of knowledge, domain of action; domain of grace & fulfilment, realm of Truth. Realm of justice has already been explained. In the realm of knowledge there are countless forms of winds, waters and fires. There are countless forms of 'Krishnas, Brahmas and Shivas' developing and giving different forms to the Universes throughout creation. There are innumerable Indras, universes, stars (suns), planets with moons and satellite objects, and geographic regions. There are countless Sidhas, Budhas and naaths as well as many gods and goddesses. There are many dieties, demons and sages and countless are the oceans bearing 'gems' of maya. There are many forms of life throughout the divine creation. There are countless dynasties of kings and many devoted spirits and servants of gods. O Nanak, there is no limit to His bounds.

ਪਉੜੀ ੩੬

ਗਿਆਨ ਖੰਡ ਮਹਿ ਗਿਆਨੁ ਪਰਚੰਡੁ॥

ਤਿਥੈ ਨਾਦ ਬਿਨੋਦ ਕੋਡ ਅਨੰਦੁ॥

ਸਰਮ ਖੰਡ ਕੀ ਬਾਣੀ ਰੂਪੁ॥

ਤਿਥੈ ਘਾੜਤਿ ਘੜੀਐ ਬਹੁਤੁ ਅਨੂਪੁ॥

ਤਾ ਕੀਆ ਗਲਾ ਕਥੀਆ ਨਾ ਜਾਹਿ॥

ਜੇ ਕੇ ਕਹੈ ਪਿਛੈ ਪਛੁਤਾਇ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਤਿ ਮਤਿ ਮਨਿ ਬੁਧਿ॥

ਤਿਥੈ ਘੜੀਐ ਸੁਰਾ ਸਿਧਾ ਕੀ ਸੁਧਿ॥ ੩੬॥

ਗਿਆਨ ਅਵਸਥਾ ਵਿਚ ਗਿਆਨ ਦੀ ਚੜ੍ਹਤ ਹੈ ਤੇ ਸਾਰੇ ਰੰਗ ਤਮਾਸ਼ੇ ਚੰਗੇ ਲਗਦੇ ਹਨ। ਸਰਮ ਖੰਡ ਵਿਚ ਮੇਹਨਤ ਤਥਾ ਬਨਾਉਟੀ ਸੁੰਦਰਤਾ ਹੈ। ਇਸ ਅਵਸਥਾ ਦੀ ਚਰਚਾ ਨਹੀਂ ਹੋ ਸਕਦੀ। ਜੇ ਇਸ ਦੀਆਂ ਗੱਲਾਂ ਕਰਦਾ ਹੈ ਪਛੁਤਾਉਂਦਾ ਹੈ। ਗਿਆਨ ਦੀ ਬਰਕਤ ਨਾਲ ਸਾਰਾ ਜਗਤ ਹੀ ਇਕ ਪਰਵਾਰ ਦਾ ਰੂਪ ਦਿਸਦਾ ਹੈ। ਇਕ ਨਵੀਂ ਜਾਗ੍ਰਿਤੀ ਆਉਂਦੀ ਹੈ, ਸੁਰਤ ਉੱਚੀ ਹੋਣ ਲੱਗਦੀ ਹੈ।

ਕਰਮ ਖੰਡ ਭਾਵ ਬਖਸ਼ਿਸ਼ ਅਵਸਥਾ ਵਿਚ ਬਲ ਪ੍ਰਧਾਨ ਹੈ ਜਿਸ ਕਾਰਨ ਮਨ ਵਿਸ਼ੈ ਵਿਕਾਰਾਂ ਤੋਂ ਦੂਰ ਹੋ ਜਾਂਦਾ ਹੈ। ਕੇਵਲ ਅਕਾਲ ਪੁਰਖ ਰਹਿ ਜਾਂਦਾ ਹੈ। ਇਸ ਅਵਸਥਾ ਦੇ ਪੁਰਖ ਜੋਧੇ ਤੇ ਬਲਕਾਰੀ ਹਨ। ਓਹਨਾ ਦੇ ਰੋਮ ਰੋਮ ਵਿਚ ਵਾਹਿਗੁਰੂ ਵੱਸ ਰਿਹਾ ਹੈ। ਉਹ ਆਤਮਕ ਮੌਤ ਨਹੀਂ ਮਰਦੇ ਤੇ ਮਾਇਆ ਓਹਨਾ ਨੂੰ ਠੱਗ ਨਹੀਂ ਸਕਦੀ।

In the realm of knowledge spiritual learning shines vividly and there reigns melody, wonder and joy. In the realm of spiritual endeavour, the language of spiritual happiness is beautiful, unique and matchless.

Happenings there are beyond description. It is advisable to abstain because one who tries to describe the spiritual realm shall repent for his inadequacy. At this stage of human spiritual development there are fashioned the consciousness, the wisdom, apprehension and cognition of mind. Also shaped is the genius of gods, sages and saints.

ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ

ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ, ਜਿਨ੍ਹਾਂ ਦਾ ਪਹਿਲਾ ਨਾਮ ਭਾਈ ਲਹਿਣਾ ਜੀ ਸੀ, ਦਾ ਜਨਮ ਬਾਬਾ ਫੇਰੂ ਮੱਲ ਤੇ ਮਾਤਾ ਸਭਰਾਈ ਜੀ ਦੇ ਘਰ, ਮੱਤੇ ਦੀ ਸਰਾਂ ੩੧ ਮਾਰਚ ੧੫੦੮ ਈ: ਨੂੰ ਹੋਇਆ। ਬਾਬਾ ਫੇਰੂ ਮੱਲ ਦੁਕਾਨਦਾਰੀ ਕਰਦੇ ਸਨ, ਸੋ ਲਹਿਣਾ ਜੀ ਭੀ ਪਿਤਾ ਪੁਰਖੀ ਧੰਦੇ ਵਿਚ ਲੱਗ ਗਏ। ਆਪ ਦੇਵੀ ਦੇ ਪੁਜਾਰੀ ਸਨ ਅਤੇ ਹਰ ਸਾਲ ਆਪਣੇ ਸੰਗੀਆਂ ਨੂੰ ਨਾਲ ਲੈ ਕੇ ਦੇਵੀ ਦੀ ਯਾਤਰਾ ਨੂੰ ਜਾਇਆ ਕਰਦੇ ਸਨ।

ਸਨ ੧੫੨੬ ਵਿਚ ਬਾਬਰ ਨੇ ਹਿੰਦੁਸਤਾਨ ਤੇ ਇਕ ਤਕੜਾ ਹਮਲਾ ਕਿੱਤਾ ਤੇ ਪਾਣੀਪਤ ਦੀ ਪਹਿਲੀ ਲੜਾਈ ਵਿਚ ਇਬਰਾਹੀਮ ਲੋਧੀ ਨੂੰ ਹਾਰ ਦੇ ਕੇ ਦਿੱਲੀ ਦਾ ਬਾਦਸ਼ਾਹ ਬਣ ਗਿਆ। ਇਸ ਹਮਲੇ ਵਿਚ ਮੱਤੇ ਦੀ ਸਰਾਂ ਦੀ ਤਬਾਹੀ ਹੋ ਗਈ ਤੇ ਪਰਵਾਰ ਪਿੰਡ ਸੰਘਾਰ ਆ ਗਿਆ, ਜਿੱਥੇ ਫਿਰ ਇਕ ਹੱਟੀ ਖੋਲ ਕੇ ਆਪਣਾ ਕੰਮ ਕਰਨ ਲੱਗੇ।



ਖਡੂਰ ਸਾਹਿਬ ਵਿਖੇ ਆਪ ਨੇ ਭਾਈ ਜੋਧ ਦੇ ਪਾਸੋਂ ਗੁਰੂ ਨਾਨਕ ਦੀ ਬਾਣੀ ਸੁਣੀ ਤਾਂ ਮਨ ਬਦਲ ਗਯਾ। ਦੇਵੀ ਦੇ ਦਰਸ਼ਨਾਂ ਨੂੰ ਜਾਣ ਦੀ ਬਜਾਏ ਗੁਰੂ ਨਾਨਕ ਜੋ ਉਸ ਸਮੇਂ ਕਰਤਾਰ ਪੁਰ ਸਨ, ਓਹਨਾ ਪਾਸ ਚਲੇ ਗਏ ਤੇ ਉੱਥੇ ਹੀ ਟਿਕ ਗਏ। ਤਕਰੀਬਨ ਸੱਤ ਸਾਲ ਗੁਰੂ ਜੀ ਦੇ ਦੱਸੇ ਰਾਹ ਤੇ ਚਲਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਿੱਤੀ ਤੇ ਸਖ਼ਤ ਮੇਹਨਤ ਕਰਕੇ ਅਤੇ ਹੁਕਮ ਮਨ ਕੇ ਮਲਿਕ ਦੇ ਦਰ ਤੇ ਪ੍ਰਵਾਨ ਹੋਏ।

'ਪਏ ਕਬੂਲੁ ਖਸੰਮ ਨਾਲਿ, ਜਾਂ ਘਾਲ ਮਰਦੀ ਘਾਲੀ' ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਨੇ ਭਾਈ ਲਹਿਣਾ ਜੀ ਨੂੰ ਕਈ ਤਰਾਂ ਦੀ ਪਰੀਖਿਆਵਾਂ ਦਿੱਤੀਆਂ। ਸਭਤੋਂ ਪਹਿਲਾ ਘਾਹ ਦੀਆਂ ਮਿੱਟੀ ਭਰੀਆਂ ਪੰਡਾ ਚੁਕਵਾਈਆਂ ਤੇ ਭਾਈ ਲਹਿਣੇ ਨੇ ਬਗੈਰ ਹੀਲ-ਹੁੱਜਤ ਦੇ ਚੁੱਕ ਲਈਆਂ। ਭਾਵੇਂ ਉਹਨਾਂ ਦੇ ਕੀਮਤੀ ਕੱਪੜੇ ਖਰਾਬ ਹੋ ਗਏ ਸਨ।

ਫਿਰ ਇਹਨਾਂ ਨੇ ਗੰਦੇ ਛੱਪੜ ਵਿਚੋਂ ਕਟੋਰਾ ਕੱਢਣ ਲਈ ਕਿਹਾ, ਦੇਹਾਂ ਪੁੱਤਰਾਂ, ਬਾਬਾ ਸ਼੍ਰੀ ਚੰਦ ਤੇ ਬਾਬਾ ਲਖਮੀ ਦਾਸ ਨੇ ਨਾਂਹ ਕਰ ਦਿੱਤੀ, ਪਰ ਲਹਿਣਾ ਜੀ ਕੱਢ ਲਿਆਏ। ਇਸੇ ਤਰਾਂ, ਵਰਾਂਡੇ ਵਿਚੋਂ ਇਕ ਮਰੀ ਹੋਈ ਚੂਹੀ ਚੁੱਕਣ ਨੂੰ ਕਿਹਾ। ਪੁੱਤਰਾਂ ਕਿਹਾ, "ਇਹ ਸਾਡਾ ਕੰਮ ਨਹੀਂ ਹੈ। ਕਿਸੇ ਭੰਗੀ ਨੂੰ ਬੁਲਾਓ।" ਤਾਂ ਲਹਿਣਾ ਜੀ ਨੇ ਚੁੱਕ ਕੇ ਬਾਹਰ ਸੁੱਟ ਦਿੱਤੀ।

ਇਕ ਠੰਡੀ ਸਿਆਲ ਦੀ ਰਾਤ ਨੂੰ ਧਰਮਸ਼ਾਲਾ ਦੀ ਢੱਠੀ ਕੰਦ ਬਣਾਉਣ ਲਈ ਕਿਹਾ ਤੇ ਲਹਿਣਾ ਜੀ ਠੰਡੀ ਰਾਤ ਵਿਚ ਰਾਜਗੀਰੀ ਕਰਦੇ ਰਹੇ। ਸਿਆਲੇ ਦੀ ਅੱਧੀ ਰਾਤ ਨੂੰ ਦਰਿਆ ਰਾਵੀ ਤੇ ਜਾ ਕੇ ਕੱਪੜੇ ਧੋ ਲਿਆਉਣ ਲਈ ਕਿਹਾ ਤਾਂ ਲਹਿਣਾ ਜੀ ਨੇ ਪੋਬੀਆਂ ਵਾਲਾ ਕੰਮ ਭੀ ਕੀਤਾ।

ਇਕ ਵਾਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਰਾਵੀ ਵਿਚ ਇਸ਼ਨਾਨ ਕਰਨ ਲੱਗੇ ਤਾਂ ਰਾੜੇ ਪੈਣ ਲੱਗ ਗਏ। ਸਾਰੇ ਰੁੱਖਾਂ ਪਿੱਛੇ ਲੁਕ ਗਏ, ਪਰ ਲਹਿਣਾ ਜੀ ਉੱਥੇ ਹੀ ਖੜੇ ਰਹੇ। ਇਕ ਵਾਰੀ ਗੁਰੂ ਜੀ ਨੇ ਬਾਬੇ ਬੁੱਡੇ ਪਾਸੋਂ ਪੁੱਛਿਆ ਕਿ "ਰਾਤ ਕਿੰਨੀ ਗੁਜ਼ਰੀ ਹੈ ਤੇ ਕਿੰਨੀ ਬਾਕੀ ਹੈ?" ਬਾਬਾ ਜੀ ਨੇ ਕਿਹਾ, "ਢਾਈ ਪਹਿਰ ਗੁਜ਼ਰ ਗਏ ਹਨ ਅਤੇ ਡੇਹੜ ਪਹਿਰ ਬਾਕੀ ਹੈ।" ਭਾਈ ਲਹਿਣਾ ਜੀ ਤੋਂ ਪੁੱਛਿਆ ਤਾਂ ਉਹਨਾਂ ਕਿਹਾ, "ਰਾਤ ਦਿਵਸ ਜਾਨਤ ਹਮ ਨਾਹੀਂ। ਨਿਸ ਦਿਨ ਧਿਆਨ ਸਤਿਗੁਰ ਮਨਾਹੀ।"

ਅਖੀਰ ਭਾਈ ਲਹਿਣੇ ਨੂੰ ਮੁਰਦੇ ਦਾ ਮਾਸ ਖਾਨ ਲਈ ਕਿਹਾ ਗਿਆ। ਬਾਕੀ ਸਾਰੇ ਤਾਂ ਸੁਣਕੇ ਹੀ ਦੌੜ ਗਏ, ਪਰ ਲਹਿਣਾ ਜੀ ਪੁੱਛਣ ਲੱਗੇ, "ਸਤਿਗੁਰੂ ਕਿਧਰੋਂ ਖਾਣਾ ਸੁਰੂ ਕਰਾਂ? ਸਿਰ ਵੱਲੋਂ ਜਾਂ ਪੈਰਾਂ ਵੱਲੋਂ?" ਇਕ ਦਿਨ ਗੁਰੂ ਜੀ ਭਿਆਨਕ ਸ਼ਕਲ

ਬਣਾਕੇ, ਡੰਡਾ ਲੈ ਕੇ ਮਸਾਣਾ ਵੱਲ ਚਲੇ ਗਏ। ਬਹੁਤ ਸਾਰੇ ਲੋਗ ਪਿੱਛੇ ਚਲ ਪਏ। ਗੁਰੂ ਨਾਨਕ ਜੀ ਨੇ ਪੈਸੇ ਸੁੱਟੇ। ਬਹੁਤ ਸਾਰੇ ਲੋਗ ਪੈਸੇ ਚੁੱਕ ਕੇ ਵਾਪਸ ਮੁੜ ਗਏ। ਫਿਰ ਰੁਪਏ ਸੁੱਟੇ। ਲੋਕ ਚੁੱਕਣ ਲੱਗ ਪਏ। ਹੋਰ ਲੋਕ ਆਉਂਦੇ ਦਿੱਸੇ ਤਾਂ ਕੁੱਤੇ ਛੱਡ ਦਿੱਤੇ। ਕੁੱਤਿਆਂ ਤੋਂ ਡਰਦੇ ਲੋਕ ਚਲੇ ਗਏ। ਸਿਰਫ ਤਿੰਨ ਬੰਦੇ ਰਿਹ ਗਏ। ਬਾਬੇ ਬੁੱਡੇ ਦੇ ਸਿਰ ਤੇ ਸੋਟਾ ਮਾਰਿਆ ਤੇ ਭਾਈ ਦੁਨੀ ਚੰਦ ਭੀ ਦਰਖਤ ਪਿੱਛੇ ਲੁਕ ਗਏ। ਕੇਵਲ ਭਾਈ ਲਹਿਣਾ ਰਹਿ ਗਏ। ਜਦ ਇਹ ਹੁਕਮ ਮਨ ਕੇ ਮੁਰਦਾ ਖਾਣ ਲੱਗੇ ਤਾਂ ਇਹਨਾਂ ਨੂੰ ਕੜਾਹ ਪ੍ਰਸ਼ਾਦ ਦਿਸਿਆ।

"ਸੇਤ ਸੇ ਬਸਤ੍ਰ ਉਤਾਰਾ ਜਬ ਹੀ। ਤ੍ਰਿਹਾਵਲ ਪਿਖਹੀ ਤਬ ਹੀ।"

ਗੁਰੂ ਨਾਨਕ ਜੀ ਨੇ ਲਹਿਣਾ ਜੀ ਨੂੰ ਛਾਤੀ ਨਾਲ ਲਾਇਆ ਤੇ ਬੋਲੇ,

" ਅਬ ਤੂੰ ਮੇਰੇ ਅੰਗ ਤੇ ਭਇਆ। ਤੂੰ ਲਹਿਣਾ ਮੈਂ ਦੇਨ ਦਇਆ।" (ਮਹਿਮਾ ਪ੍ਰਕਾਸ਼)

ਇਹ ਘਟਨਾ ੨ ਸਪਤੰਬਰ ੧੫੩੯ ਦੀ ਹੈ। ਤੇ ਭਾਈ ਲਹਿਣੇ ਨੂੰ ਅੰਗਦ ਬਣਾ ਕੇ ਗੁਰੂ ਗੱਦੀ ਸੌਂਪ ਦਿੱਤੀ।

"ਦਿੱਤਾ ਛੱਡ ਕਰਤਾਰ ਪੁਰ, ਬੈਠ ਖਡੂਰੇ ਜੇਤ ਜਸਾਈ।" (ਭਾਈ ਗੁਰਦਾਸ)

ਖਡੂਰ ਸਾਹਿਬ ਆ ਕੇ ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੇ ਲੋਕਾਂ ਨੂੰ ਨਾਮ ਬਾਣੀ ਨਾਲ ਜੋੜਨ ਲਈ ਪ੍ਰੇਰਨਾ ਸ਼ੁਰੂ ਕੀਤਾ। ਗੁਰੂ ਅੰਗਦ ਲਈ ਸਿੱਖੀ ਦੇ ਨਵੇਂ ਜਨਮੇ ਬੂਟੇ ਨੂੰ ਬਚਾਉਣਾ ਬਹੁਤ ਭਾਰੀ ਜ਼ੁਮੇਦਾਰੀ ਸੀ। ਆਪ ਨੇ ਜਿਸ ਸੁੱਘੜਤਾ ਨਾਲ ਇਸ ਬੂਟੇ ਨੂੰ ਪਾਲਿਆ, ਬੇਹੱਦ ਸ਼ਲਾਘਾ ਜੋਗ ਹੈ।

ਖਡੂਰ ਸਾਹਿਬ ਵਿਖੇ ਗੁਰੂ ਅੰਗਦ ਜੀ ਪਾਸ ਸਤਸੰਗ ਦਾ ਪਰਚਾ, ਲੰਗਰ ਦਾ ਖਰਚਾ ਤੇ ਹਰੀ ਦਾ ਚਰਚਾ ਬਣੇ ਰਹਿੰਦੇ ਸਨ। ਉਹਨਾਂ ਦਾ ਆਪਣਾ ਖਾਣਾ ਘਰੋਂ ਮਾਤਾ ਖੀਵੀ ਬਣਾ ਕੇ ਭੇਜਦੇ ਸਨ। ਲੜਕਿਆਂ ਨੂੰ ਹੁਕਮ ਸੀ ਕਿ ਆਪਣਾ ਗੁਜ਼ਾਰਾ ਆਪ ਕਮਾਈ ਕਰਕੇ ਕਰੇ। ਪੂਜਾ ਦਾ ਮਾਲ ਖਾਣਾ ਜ਼ਹਿਰ ਹੈ।

ਗੁਰੂ ਅੰਗਦ ਦੇਵ ਜੀ ਨੇ ਗੁਰੂ ਨਾਨਕ ਦੇ ਉਪਦੇਸ਼ਾਂ ਨੂੰ ਜ਼ਾਰੀ ਰੱਖਿਆ। ਉਂਚ ਨੀਚ ਦਾ ਭਰਮ ਦੂਰ ਕੀਤਾ। ਗੁਰਮੁਖੀ ਅੱਖਰ ਸੋਧ ਕੇ ਇਸ ਦੇ ਪ੍ਰਚਾਰ ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ। ਗੁਰਬਾਣੀ ਨੂੰ ਸੰਭਾਲ ਕੇ ਰੱਖਿਆ ਤੇ ਇਸ ਵਿਚ ਮਿਲਾਵਟ ਨਹੀਂ ਹੋਣ ਦਿੱਤੀ। ਆਪਣੇ ਇਤਿਹਾਸ ਨੂੰ ਸੰਭਾਲਿਆ ਤੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਜੀਵਨ ਸਮਾਚਾਰ ਇੱਕੱਠੇ ਕਿੱਤੇ। ਉਦਾਸੀ ਸੰਸਥਾ ਦੇ ਪ੍ਰਭਾਵ ਤੋਂ ਸਿੱਖੀ ਨੂੰ ਬਚਾਇਆ। ਲੰਗਰ ਦੀ ਸੰਸਥਾ ਨੂੰ ਪੱਕੇ ਪੈਰਾਂ ਤੇ ਖੜ੍ਹਾ ਕਿੱਤਾ। ਲੋਕਾਂ ਵਿਚ ਆਪਣੇ ਸ਼ਰੀਰ ਨੂੰ ਨਿਰੋਆ ਰੱਖਣ ਤੇ ਜ਼ੋਰ ਦਿੱਤਾ ਤੇ ਖਡੂਰ ਸਾਹਿਬ ਵਿਖੇ ਇਕ ਅਖਾੜਾ ਬਣਾਇਆ ਜਿੱਥੇ ਆਪ ਕੁਸ਼ਤੀਆਂ ਕਰਵਾਇਆ ਕਰਦੇ ਸਨ। ਸਿੱਖੀ ਦੀ ਮਰਯਾਦਾ ਪੱਕੀ ਕਿੱਤੀ। ਸਾਰੇ ਦਿਨ ਦਾ ਪ੍ਰੋਗਰਾਮ ਬਣਾਯਾ ਤੇ ਸਾਰੇ ਸਿੱਖਾਂ ਨੂੰ ਅਮਲ ਕਰਨ ਦੀ ਹਿਦਾਯਤ ਦਿੱਤੀ। ਇਸ ਦਾ ਅਸਰ ਇਹ ਹੋਇਆ ਕਿ ਸਿੱਖ ਕੌਮ ਇਕ ਸਾਂਚੇ ਵਿਚ ਢਾਲੀ ਜਾਣ ਲੱਗ ਪਈ। ਗੁਰੂ ਨਾਨਕ ਵਾਂਗ ਗੁਰੂ ਗੱਡੀ ਯੋਗ ਹੱਥਾਂ ਵਿਚ ਦਿੱਤੀ। ਪੁੱਤਰਾਂ ਦਾ ਕੋਈ ਲਿਹਾਜ਼ ਨਾ ਕਿੱਤਾ ਤੇ ਬਾਬਾ ਅਮਰਦਾਸ ਜੀ ਦੀ ਅਣਥੱਕ ਸੇਵਾ ਮੁਖ ਰੱਖਦਿਆਂ ਗੱਦੀ ਉਹਨਾਂ ਦੇ ਹਵਾਲੇ ਕਿੱਤੀ।

ਗੁਰੂ ਅੰਗਦ ਜੀ ੧੩ ਸਾਲ ਗੁਰੂ ਘਰ ਦੀ ਜ਼ਿੰਮੇਵਾਰੀ ਸੰਭਾਲ ਕੇ, ਤੇ ਗੱਦੀ ਗੁਰੂ ਅਮਰਦਾਸ ਦੇ ਹਵਾਲੇ ਕਰਕੇ ੨੯ ਮਾਰਚ ੧੫੫੨ ਨੂੰ ੪੮ ਸਾਲ ਦੀ ਉਮਰ ਵਿਚ ਜੇਤੀ ਜੇਤ ਸਮਾਂ ਗਏ। ਆਪ ਦਾ ਫੁਰਮਾਨ ਹੈ, "ਸਰੀਰ ਦੀ ਭੱਟੀ ਵਿਚ ਮਨ ਲੋਹਾ ਹੈ, ਪਾਪਾਂ ਦੇ ਕੋਲਿਆਂ ਦਾ ਢੇਰ ਲੱਗਾ ਹੋਇਆ ਹੈ। ਕਾਮ, ਕ੍ਰੋਧ ਤੇ ਲਾਲਚ ਦੀਆਂ ਲਪਟਾਂ ਨਿਕਲ ਰਹੀਆਂ ਹਨ। ਮਨ ਹੁਣ ਸੜ ਚੁੱਕਾ ਹੈ। ਜੀਵ, ਚਿੰਤਾ ਦੀ ਸੁਨਹੀ ਨਾਲ ਮਨ ਨੂੰ ਚੁੱਕ ਚੁੱਕ ਕੇ ਪਰੇਸ਼ਾਨ ਹੋ ਰਿਹਾ ਹੈ। ਭਾਵੇਂ ਮਨ ਮਨੁੱਖ ਭੀ ਹੋ ਗਿਆ ਹੋਵੇ ਪਰ ਜੇ ਗੁਰੂ ਪਾਰਸ ਮਿਲ ਜਾਏ, ਤੇ ਜੀਵ ਫਿਰ ਸੋਨਾ ਹੋ ਸਕਦਾ ਹੈ। ਨਾਮ ਦੀ ਬੂਟੀ ਵਿਚ ਬੜੀ ਤਾਕਤ ਹੈ।"

Vaisakhi

Vaisakhi is a day of celebrations for people of the Panjab and it is mostly held on the first day of Vaisakh. This year it will be celebrated on 14th April. This is a time when wheat, the main crop of the season, is ready to be harvested and farmers expect the reward for their hard labour. So on this day they express their feelings of satisfaction and happiness. Since India is mainly an agrarian country, this day is happily celebrated in other states, as well as abroad, wherever the people of Panjab have settled.

Among the Sikh community Vaisakhi is a landmark of religious festivities. At this time of every year, it is especially remembered as the birth of the Khalsa. After several battles with the Mughals and the hill Rajahs, with only a band of devoted Sikhs untrained for battle, Guru Gobind Rai wanted his Sikhs to be well versed in warfare, courageous and eager to aid the suppressed, as a religious duty. On 30th March 1699, Guru Sahib organised and addressed a huge congregation at Anand Pur Sahib, where a large tent had been erected, and conveyed a strong message of his divine mission – instilling self confidence and courage in his followers, and as warriors ever ready to fight for the faith and righteousness. After an inspirational sermon Guru ji emerged from the tent and lifting his unsheathed sword, is reported to have said in a thunderous voice “My dear Sikhs, this sword of mine wants to taste the blood of a Sikh. Is there anyone amongst you who is willing to lay down his life?”.



The whole congregation became frightened at such a foreboding call. No-one stood up and the call was repeated in a louder voice, twice more. At last one Bhai Daya Ram, a Khatri of Lahore, rose with the dignity of folded hands and offered his head. He was led inside the tent by Guru Sahib and the congregation heard the powerful sound of a sword swung swiftly and the ‘thud’ sound of a body falling to the ground. A stream of fresh blood was seen flowing out at the bottom of the tent. The Sikhs present were quite sure that Bhai Daya Ram had been sacrificed.

After a while Guru ji came out of the tent with his sword smeared with blood and said in a loud thunderous voice “Is there another true Sikh ready to give me his head?”. Some of the congregation lost their nerve and started leaving the gathering. On repeating the call twice more, another Sikh, Bhai Dharam Das, a Jat Sikh of Delhi, stood up and offered his head. He too was led inside the tent and again the sound of a sword and that of a body falling to the floor were heard. Guru ji’s call to the congregation took place five times. The following three Sikhs then each offered their head on that day to Guru Sahib: Himmat Rai, a water-carrier from Jagannathpuri, Muhkam Chand, a washerman from Dwarka, and Sahib Chand, a barber from Bidar, Karnatka. Five devoted Sikhs from different areas of the

country, different strata of society and different ancestral castes became the beloved Sikhs of the Guru. They were of the mould that Guru sahib envisaged all his Sikhs to be.

Everyone in the congregation was by now in a panic state. They believed that Guru ji had slaughtered all the five persons in the tent. They had seen blood draining out from under the tent. They started running around and leaving the congregation. Then suddenly they saw in front of them all the five Sikhs leaving the tent, dressed alike, being led by Guru ji, his sword sheathed and face beaming with joy and satisfaction.

Guru ji seated them in a semi circle in the Veer Assan, around a steel vessel. After reciting five banis, Amrit was prepared by stirring the water in the vessel with a khanda and administered to the five. They were called the Panj Piaray, meaning the Guru ji's five Beloved Ones. They were given the names Bhai Daya Singh, Bhai Dharam Singh, Bhai Himmat Singh, Bhai Mohkam Singh and Bhai Sahib Singh.



Guru Gobind Rai then made a unique gesture in world religious history. He requested the Panj Piaray to initiate him. Guru Sahib took the Amrit and was thenceforth known as Guru Gobind Singh. The huge significance of this is that Guru Sahib (in common with all Sikh Gurus) did not want himself to be seen as an intermediary between his devotees and God. In a demonstration of true equality between devotee and Guru, we see how Guru ji, at critical junctures during future conflicts, would listen to the strategic advice given by five Khalsa.



During this first historic Vaisakhi day in 1699 more than seventy five thousand devotees took Amrit and joined the Khalsa brotherhood. It was miraculous that ordinary people from the street were baptised and turned into men as brave as lions. All had adopted the epithet Singh meaning lion or brave person. On this day the ladies who took Amrit were given the epithet Kaur, meaning princess.

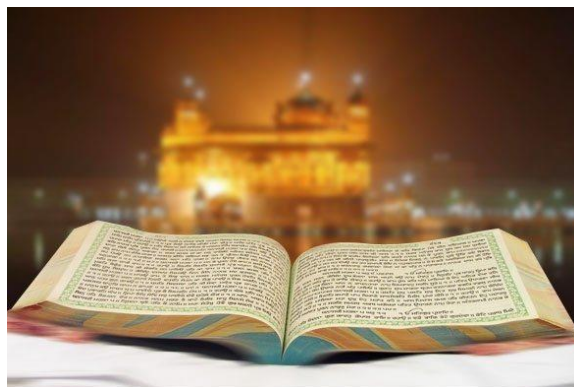
A huge majority of people had been transformed into a unique kind of martial race, ever ready to face tyrants and outlaws. It was indeed a revolutionary time!

These days Vaisakhi is celebrated everywhere, within the Gurdwaras and outside, in India and abroad as well. Typically in the morning there is an Akhand Path Bhog, then after Kirtan and Katha, a Nagar Kirtan is held. During this, a congregation led by the Guru Granth Sahib at its head, moves through the main streets while Kirtan verses are sung. In the evening they engage in deep-mala, or fireworks.

Vaisakhi is mainly celebrated in Amritsar, Mukatsar, Kartar Pur Sahib and other historic gurdwaras in India, as well as abroad, where the Sikh diaspora have settled.

The WORD of GOD - GOD WHO SPEAKS

Guru Nanak, the founder of the Sikh faith, whose 550th birth anniversary has been celebrated in November 2019 composed 974 hymns, which form part of the Sikh holy scripture, the Guru Granth Sahib. It is the sacred-most scripture, venerated as the sovereign and the eternal living Guru in every Sikh place of worship, the Gurdwara, anywhere in the world.



During Guru Nanak's travels in India, which included the land that our gurdwara group visited in February 2020, now called Pakistan (where Guru ji was born and lived most of his life), Bangladesh, Tibet, Nepal, Sri Lanka, Afghanistan, the Middle East, Kashmir and (as the evidence suggests) Rome, he was accompanied by Mardana, a Muslim man. Mardana played on the Rabab, a string musical instrument. Whenever Guru Nanak felt the divine command to compose, he would say to Mardana:

'Please play the rabab the divine words are revealed.'

We believe that Guru Nanak was in Oneness with God when he sang celestial music and the words he spoke were directly received by him. Indeed he said as much himself.

Japji Sahib, the first composition in Guru Granth Sahib says,

'gurmukh naadan gurmukh vedan,'

which means that 'the Word of the Guru is the divine music which the seers hear in their moment of ecstasy and as such, is the highest scripture. By communion with the Word we attain the vision unattainable.'

Guru Nanak and the Gurus who followed him, instructed us about the parenthood of One God and the Oneness of all humankind. They worked to build a community of self-respecting men and women, devoted to God and their Gurus, filled with a sense of equality, justice, brotherhood and sisterhood for all.

Guru Arjan, the fifth Guru, compiled the principal Sikh scripture, the Adi Granth by bringing together the writings of the first four Gurus, his own and those of revered Hindu and Muslim saints that were consistent with the Sikh Gurus' teachings. He called the Granth 'pothi parnesar ka thaen' - the holy book that is the abode of God. It was reverently installed in Harmandir Sahib (Golden Temple) in 1604.

Guru Gobind Singh, the tenth Guru, later included the writings of the ninth Guru, his father, Guru Tegh Bahadur, who had sacrificed his life for the religious freedom of others. In 1708 he installed the updated Granth, now called the 'Guru Granth Sahib',

as his successor, thus ending the succession of human Gurus. The Granth is now revered as the eternal living Guru of the Sikhs.

Guru Granth Sahib is the first *interfaith anthology* in the world, written in Gurmukhi script yet reflecting many languages, dialects and regions, fostering the message of 'unity in diversity' of humanity that belongs to, and is supported by, our 'One parent God who is both mother and father, whose children we all are.'

Guru Granth Sahib has the noble quality of appreciation of whatever was valuable in other religious traditions. As mentioned earlier, many teachings of the great seers from different Hindu and Muslim traditions of India whose writings are included in the scripture, are indeed universal. They free our minds from bigotry and superstition and emphasize the central simplicity of religion. They are the guardians of the inner values that correct the fanaticism of their ardent disciples, which is an urgent need in today's times when sadly preachers of hate abound.

The second most important scripture of the Sikhs is the Dasam Granth. Of Guru Gobind Singh's many writings some are contained within the pages of the Dasam Granth. They form an essential part of our daily prayers, as well as guidance on the conduct of the Sikh Khalsa initiation Amrit Ceremony. In the prayer Jaap Sahib, God is referred to as the God of no religion (*namastav amajhbey*). Guru Gobind Singh, most importantly, instructed us to 'recognise the human race as one':

'manas ki jat sabhe eka pahchanbo'

The ballads of Bhai Gurdas, (the Gurus' contemporary philosopher and scholar) are considered to be key to the understanding Guru Granth Sahib, as are the writings of the revered poet and writer Bhai Nand Lal.

I have as in most Sikh homes, my daily prayer book 'The Gutka Sahib' which contains the 5 essential prayers - for the morning, prayer at dusk and bedtime prayer. Most initiated Sikhs learn these prayers by heart and can recite them wherever they may be. Nowadays many people have the scripture including its English translation on their mobile phones, especially the young ones, which makes access really easy for them.

Notably the theologian Duncan Greenlees remarks, 'Guru Granth Sahib is certainly one of the world's masterpieces of poetry. It is legitimately the Bible of the Universal Religion.' Prof. Arnold Toynbee calls Guru Granth Sahib 'part of Mankind's common spiritual treasure.'

I pray that the Word of God as spoken in the scripture constantly reminds and inspires me to live my life humbly according to Guru Nanak's vision of humanity as one, in all its diversity, and that I be of service through the ethical path shown by him and the subsequent Gurus.

Guru Har Rai Bagh

The daffodils are blooming, the tulips are forming flowers and all this signals the arrival of spring.

The alley way between the Gurdwara and Hibernia Road is being cleared of weeds and litter. Due to the hedging we cannot plant the summer/autumn flowers, instead we have planted Spring flowers. We have planted primroses which will flower in May.

As soon as the weather improves the team will be out there planting for the rest of the year. We have entered the "It's Your Neighbourhood" award scheme. This is part of the London In Bloom campaign (<https://londoninbloom.co.uk>) and is designed for small local communities who are involved in hands-on gardening and making a difference locally. With your help we aim to achieve the next level.



Campaign for School Gardening

The Punjabi School is participating in the Royal Horticulture Society (RHS) Campaign for School Gardening. Watch this space and the Notice Boards for further details.

Guru Nanak Orchard

The trees have survived the winter storms. The orchard is coming into bloom, providing valuable source of food for the bees.

Tasks to be done in the garden during the Spring

1. Order summer-flowering bulbs and seeds
2. Tidy up flower beds and borders
3. Clean out and wash your greenhouse
4. Sow any seeds that need a longer season
5. Hunt down and remove garden pests
6. Install water butts and start collecting rainwater
7. Move deciduous shrubs
8. Maintain fences, gates and the trellis
9. Clean and sharpen the gardening tools
10. Create a composting area.

Faith Can Move Mountains

There lives a gentleman in Patiala. He is a retired Professor of Economics and used to teach Economics to groups of students who were selected in the Indian Admin and Police Services (IAS & IPS). He tells about an incident of his life with great pleasure.

When his daughter had graduated, and was looking for a good college which had a specialised course in Philosophy, the family found that such a college, which also had a good reputation for Psychology studies, was available in Bangaluru. The family, consisting of father mother and daughter, left for Bangaluru. As they were travelling, the mother was apprehensive that their daughter might not get a seat as they have no recommendation of a big gun. She asked her husband to contact some chief secretary of a state and seek recommendation because many of his students were working as chief secretaries in different states.

The gentleman kept quiet. She tried again, but to no avail. At last she shook his hand vigorously and said, "Why don't you do something? Our daughter's future is affected by it." At last he spoke saying "Do not worry, Guru Nanak will take care of her. He might phone the chief selector, as He phones me often!" Irritated, the lady said "Do you have anybody else other than Guru Nanak?" The gentleman replied, "If I have Guru Nanak with me I do not need anyone else."

They finally reached Bangaluru and the selection took place. All seats were filled in as per the merit. Only one seat was left and there were four candidates, their daughter and three others having the same merit. Surprisingly the director selected the girl and announced his final decision. Everybody was happy!

After a year when they went to receive her degree, the gentleman spoke to the director and asked on what consideration had he selected their daughter. The director said "I remember that incident of last year's selection. The idea that came to my mind was that all other candidates had big recommendations with them from ministers and chief secretaries but this girl had no recommendation. Others could find admission somewhere else as well but this girl won't get a chance anywhere. So I finally selected her."

The moral of the story is that one should always be positive and have True Faith in Waheguru, who will reward such a person with the favours and gifts that he seeks.

ਧਨਾਸਰੀ ਮਹਲਾ ੪ ॥

ਇਛਾ ਪੂਰਕੁ ਸਰਬ ਸੁਖਦਾਤਾ ਹਰਿ ਜਾ ਕੈ ਵਸਿ ਹੈ ਕਾਮਧੇਨਾ ॥

SIKH ASSISTED MARRIAGES

During the closure of the gurdwara, in compliance with the government guidance on social distancing, the matrimonial service has been suspended until normal services can be resumed.

Gurdwara Sri Guru Singh Sabha's March 2020 list of matrimonial partners appears below. It will be upgraded when the service resumes.

BOYS

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
2747	18/12/81	BSc(hons) Computer Science	IT Business Analyst	5' 11"
2748	20/06/88	BA(hons), MSc, CIMA	Senior Finance Analyst	5' 10"
2749	28/12/86	BSc Financial Computing	Client Care Analyst	5' 06"
2750	09/05/87	BA Finance/Accounts, ACCA	Chartered Accountant	5' 10"
2751	16/06/91	BA Business Economics	Quantity Surveyor	6' 00"
2752	10/05/91	M Pharm	Pharmacist	6' 03"
2753	13/09/91	MA Medicine, MBBS	Hospital Doctor	5' 11"
2754	18/05/87	Master Business Info Management	Operations Supervisor	6' 00"
2755	25/07/89	BSc(hons) Business Mgmt. & Mktng	Self Employed	5' 08"
2756	05/03/75	BSc Product Design	Baggage Handler	5' 8½"
2757	02/03/90	LLB	Senior Executive (Family Bus.)	5' 10"
2758	23/08/84	BSc Computer Science	Self employed	6' 00"
2759	13/07/89	City & Guilds Level 3	Motor Mechanic	5' 06"
2760	26/07/90	MBBS	ST3-ConsultantRadiologytrainee	5' 10"
2761	22/06/85	BSc, MSc, PhD Immunology	Associate Director	5' 09"
2762	06/12/88	LLB, LLM, LPC	Solicitor	6' 01"
2763	31/05/88	BA, LLB	Head of Legal Lawyer Corparter	5' 11"
2764	22/01/89	Compex Electrician	Compex Qualified Electrician	5' 09"
2765	07/10/81	Masters in Commerce	Production Manager	5' 09"
2766	21/05/91	MSc Physics	Procurement Manager	6' 01"
2767	03/09/87	MSc Computer Science	IT Consultant	5' 09"
2768	05/07/89	MSc Financial Mathematics	IT Contractor	5' 10"
2769	25/08/84	B Eng. Computer Networking	IT Production Manager	5' 02"
2770	25/09/88	BA Sociology, LLB, LPC	Solicitor	5' 10"
2771	25/03/85	BTEC Business	BA Customer Service	5' 11"
2772	28/02/88	BSc Economics	Investor-Trader	6' 01"
2773	17/07/90	BSc, B Med(hons), M Pharm	Pharmacist	6' 04"
2774	20/05/84	MBBS, FRCR	NHS Consultant	5' 09"
2775	27/09/90	M Eng Aerospace Engineering	Proxisense Ltd, Oxford Uni	6' 01"
2776	26/06/81	BSc Computer Info. Systems	Senior IT Consultant	5' 09"
2777	10/03/93	MBBS, BSc(hons)	Medical Doctor	6' 04"
2778	17/01/90	College - IT Entry Level 1	Taxi Driver	6' 02"
2779	20/11/91	BSc Quantity Surveyor	Quantity Surveyor	5' 11"

2780	16/01/86	Diploma	Director - own company	5' 07"
2781	12/11/89	Business Studies & Personal Finance	Law Enforcement Officer	6' 01"
2782	21/12/92	BSc Economics (UCL)	Investment Banking	6' 03"
2783	28/03/83	BSc(hons) Computer Science	Account Manager	5' 09"
2784	16/06/86	ACCA	Accountant Plc	6' 01"
2785	29/12/81	BSC(hons) Information Systems	IT Consultant	6' 00"
2786	28/06/86	B Eng Electronic Engineering	Test Engineer	5' 06"
2787	29/05/85	BSc Mathematics	Actuary	5' 07"
2788	19/03/94	BTEC Science Level 3	BT Telecoms Engineer	6' 00"
2789	22/07/80	BSc Maths & Computer Science	Business Owner	5' 07"
2790	23/04/90	A Levels	British Airways	6' 02"
2791	02/11/74	MSc, B Eng(hons)	Senior Project Mgr Invest.Bank	5' 09"
2792	03/12/89	MPharm Pharmacy	Pharmacist (Branch Manager)	5' 09"
2793	15/03/87	M Pharm, MBBS	Junior Doctor	6' 00"
2794	02/06/88	MSc Economics & Finance (LSE)	Investment Analyst	6' 00"
2795	02/04/91	BSc Accounting & Finance	Accountant	6' 00"
2796	21/05/88	AS Level	Account Manager	6' 00"
2797	18/01/91	A Levels, left after 1yr at Uni	Warehouse Operator	5' 11"
2798	06/07/90	BSc, MBBS	Hospital Doctor	6' 02"
2799	16/11/87	BSc Pharmaceutical Science	Manager-Pharmaceutical Comp.	5' 10"
2800	28/04/91	LLB, LPC	Solicitor	5' 11"
2801	23/03/85	BSc(hons) Optometry	Hospital Optometrist	5' 09"
2802	03/04/87	MSc Pharmacy	Pharmacist	5' 09"
2803	08/05/81	A Levels	Managing Director	5' 07"
2804	07/05/82	MSc IT & Management	Case Analyst	5' 10"
2805	04/05/89	BSc Actuarial Science	Actuary KPMG	5' 10"
2806	02/04/83	BSc(hons)	Investment Banking	6' 02"
2807	28/04/89	B Eng Air Transport Engineering	Pilot	6' 00"
2808	24/01/91	Civil Engineering Degree	Senior Quantity Surveyor	6' 00"
2809	09/11/91	BSc Economics, Chartered Accountant	Economist	6' 02"
2810	15/08/92	PhD, M Chem	Scientist	6' 00"
2811	11/12/90	BSC(hons) Info. & Comm. Technology	Software Analyst	6' 00"
2812	15/12/80	MSc Finance	Investment Manager	6' 00"
2813	23/03/93	BSc Biology	Teacher	6' 01"
2814	25/08/92	Primary School Teacher	Teaching at Primary School	5' 09"
2815	27/12/93	LLB Law	Paralegal	5' 11"
2816	07/10/88	BSc, MPharm	Own Pharmacy Business Bristol	6' 01"
2817	23/10/85	BA Business Studies	Estate Agent	5' 09"
2818	27/12/85	MSc Pharmacy	Pharmacist	6' 02"
2819	26/12/85	BSc(hons) Economics (LSE)	Investment Banker M&A	6' 02"
2820	10/12/82	BSC, CIMA Accountant	Business Manager Barclays	5' 11"
2821	18/11/81	High Diploma (college), Advanced IT	BUPA Health Service Consultant	5' 07"
2822	30/09/94	BSc Business & Politics	Digital Marketing (Fiat)	5' 9½"
2823	28/07/92	MD Master of Medicine	Senior House Officer	5' 06"
2824	27/07/88	Doctor of Medicine	NHS	6' 00"
2825	03/02/96	BSc(hons)	Accountant	6' 04"
2826	05/11/88	BDS Dentistry	Dentist	6' 00"
2827	28/09/85	A Levels	Deputy Court Custody Manager	5' 08"
2828	08/04/91	BSC(hons) Economics	Risk Consultant	6' 01"
2829	02/06/79	MBChB, General Practitioner	GP	5' 10"

2830	10/12/75	BSC(hons) Information Management	Engineer Contractor	5' 08"
2831	28/07/93	BSC Architecture, MA Graphic Design	Graphic Designer	6' 00"
2832	04/02/88	LLB(hons), LPC Law	Associate Director, Finance	6' 00"
2833	01/12/82	LLB(hons) Law	Contracting Lawyer	5' 10"
2834	23/03/88	BA(hons), ACCA	Finance Project Manager	5' 09"
2835	01/02/89	BSc (hons)	Financial Analyst	6' 00"
2836	02/06/86	MBBS, MRCGP	Doctor GP	5' 10"
2837	12/06/76	Physics Degree	Finance work	6' 02"
2838	25/04/88	M Eng Materials Sci. & Eng., ACA	Chartered Accountant	5' 09"
2839	31/01/80	IT Degree	Assistant Manager	6' 00"
2840	17/10/91	BSc (hons)	Actuary	5' 10"
2841	19/06/94	BSc Consumer Behaviour & Marketing	Financial Writer	5' 11"
2842	14/04/90	CIMA Qualified Accountant	Senior Finance Analyst	5' 10"
2843	01/07/89	BSC(hons) Chemistry, PGCE	Mortgage Broker	5' 09"
2844	22/01/88	BSc, MBBS	Hospital Doctor	5' 10"
2845	06/02/90	MBBS	NHS Doctor	6' 02"
2846	17/11/83	BSc Aerospace Engineering	Mechanical Engineer	5' 08"
2847	20/11/84	A Levels	IT Contractor	5' 11"
2848	28/11/90	BSc Economics, ACA	Finance	5' 08"
2849	16/01/88	Postgraduate Masters	Strategy Consultant	6' 02"
2850	28/06/87	BSc(hons) Computer Science	Business Intelligence Developer	5' 11"
2851	06/05/91	BSc Business Information Systems	Business Development Mngr	5' 09"
2852	09/01/85	BA(hons), ACA	Chartered Accountant-own Buis	5' 09"
2853	21/10/81	BDS, MJDF, RCS(eng) PGCMDE	Principle Dentist	5' 11"
2854	26/11/95	BDS Dentistry	Dentist	6' 03"
2855	10/01/89	BSc(hons)	Quality Surveyor/Finance	6' 00"
2856	30/03/91	MSc Computer Science	IT Software Consultant	6' 05"
2857	13/03/87	BSc Finance & Accounting	Management Accounting	6' 00"
2858	04/02/94	BSc Sci. MSc Busi. Technology	Sub-contractor Manager	6' 02"
2859	19/04/84	BA Economics, IMA Chartered Acc'tant	Senior Commercial Finance	5' 09"
2860	29/04/93	ACA, Degree Accounting & Finance	Chartered Accountant	5' 11"
2861	27/10/89	BSc Maths & Management	Senior Commercial Analyst	5' 06"
2862	10/09/90	BSc, MSC Finance & Risk	Self Employed	5' 04"
2864	18/03/90	Charter Accountant	British Gas	5' 08"
2865	23/09/78	LLB(hons); PGDLP; PGDNP; MSc Law	In-House Counsel Solicitor	5' 09"
2866	19/02/90	BSc(hons), MSC Computer Science	Senior Software Engineer	5' 07"
2867	27/05/92	BSc(hons), PGDiP	Architect	5' 09"
2868	19/03/92	BA Economics	Accountant, Studying Ch. Acc.	6' 03"
2869	23/11/82	B Eng Computer Systems Engineering	Technical Presales Consultant	5' 09"
2870	05/12/93	MSc Mechanical Engineering	Site Engineer	5' 09"
2871	10/03/92	BSc, MBChB, MRES	Hospital Doctor	5' 09"

GIRLS

<i>Ref No</i>	<i>Birth Date</i>	<i>Academic Qualification</i>	<i>Present Employment</i>	<i>Height</i>
9136	19/04/88	BA History, GDL BPP	Solicitor	5' 06"
9137	28/05/92	BA French Literature	Marketing	5' 07"
9138	01/11/89	MD Medicine	Junior Doctor	5' 07"

9139	08/01/91	BSc Physiotherapy	Senior Physiotherapist	5' 01"
9140	29/06/93	BA(hons), MA	Project Manager	5' 06"
9141	28/02/89	M Pharm	Clinical Pharmacist	5' 07"
9142	22/12/91	Adv Apprenticeship L2,3,4 Childcare	Nursery Nurse Team Leader	5' 01"
9143	18/11/89	BA(hons) Study of Religion	Learning Resource Manager	5' 02"
9144	03/02/93	BA History	Strategy Consultant	5' 03"
9145	04/12/86	LLB, PGCE	Teacher	5' 03"
9146	13/09/80	Masters	Account Director	5' 03"
9147	09/03/79	ACA, BSc Economics	Accountant	5' 06"
9148	25/10/84	LLB	Lawyer	5' 06"
9149	31/05/94	GCSE, Level 2 Acc'ting Apprenticeship	Regional Administrator	5' 05"
9150	03/03/85	A levels	Assistant Manager Insolvency	5' 02"
9151	17/11/83	Degree HRM & Marketing	HR Business Partner/Manager	5' 04"
9152	17/08/84	Degree educated	IT Programmer	5' 00"
9153	08/09/89	Degree educated	Trainee Solicitor	5' 00"
9154	02/10/90	BA Business Management	Property Negotiator	5' 05"
9155	31/01/87	M Pharm	Pharmacist	5' 03"
9156	01/03/88	Doctor	GP	5' 04"
9157	17/11/86	BM B Med Sci(hons)	NHS Doctor	5' 05"
9158	04/02/90	BSc Geography, PGCE	Geography Teacher (Sec. Sch)	5' 05"
9159	12/11/88	BSc, MSc Biology	Teacher - Marine Biologist	5' 05"
9160	16/10/87	MSc Marketing & Branding	British Airways Trainer	5' 06"
9161	12/06/84	BSc, ACCA	Chartered Accountant	5' 07"
9162	26/05/81	BSc, ACA	Chartered Accountant	5' 04"
9163	05/09/92	BA Medicine, MBBS	Hospital Doctor	5' 06"
9164	28/03/88	CACHE Diploma Childcare /Education	Radiology Assistant	5' 05"
9165	13/03/91	MBBS, BSc(hons)	Doctor	5' 07"
9166	30/01/88	BDS	Dentist	5' 00"
9167	12/10/81	MR Pharms	Pharmacist	5' 06"
9168	10/10/91	BSc Economics & Finance	Accounts Assistant	5' 04"
9169	04/05/95	BSc Accounting & Finance, ACA	Accountancy	5' 07"
9170	20/06/87	MBA International Management	VMWare-Operations Manager	5' 05"
9171	08/12/87	BSc(hons) Finance & Accounting	Management Accountant	5' 03"
9172	28/01/89	BSc(hons), MSc, stdy MBA	NHS England-Manager	5' 04"
9173	21/10/78	LLB(hons)	Solicitor	5' 02"
9174	28/04/82	MA Sociology of Education	Team Manager - Local Authority	5' 06"
9175	04/10/91	BSc, MSC	Software Engineer Google	5' 07"
9176	29/01/88	BA(hons), Masters, PGCE	Teacher	5' 01"
9177	10/07/79	BA Tourism Management	Onboarding Co-ordinator Airline	5' 03"
9178	25/12/85	MBChB, MRCP	Doctor Senior Registrar	5' 06"
9179	25/06/88	BSc Mathematics & Economics	Actuary	5' 08"
9180	21/10/93	Cache Level 3 Nursery Nurse	Local School	5' 00"
9181	31/07/91	BSc(hons) McOptom	Optometrist	5' 07"
9182	14/08/75	BSc(hons), MBA, PhD	Asso. Director-Gen. Medicine	5' 07"
9183	30/03/89	PG LLB, BA(hons) Criminal Justice	Probation Officer	5' 04"
9184	29/08/88	LLB	Contract Manager	5' 05"
9185	28/01/91	BSc, MBBS	Doctor	5' 3½"
9186	20/12/88	MA English	English Teacher	5' 02"
9187	07/03/88	BSc Psychology	Civil Servant	5' 05"
9188	28/08/74	BSc(hons) Physics	Account Director for global org	5' 6.5"

9189	03/09/96	BSc(hons) Economics	Trainee Accountant	5' 03"
9190	29/03/79	BSc(hons) Pharmacology	Senior manager	5' 07"
9191	03/11/77	Masters	Publishing	5' 07"
9192	28/02/86	degree	Local Government Officer	5' 05"
9193	26/03/85	LPC (GDL), BA(hons)	working in Legal Practice	5' 02"
9194	10/12/89	Bachelors deg, PostGrad	Special needs co-ordinator	5' 07"
9195	27/12/77	BSc Marketing & Tourism	Airline Administrator Heathrow	5' 04"
9196	09/09/87	BA, GDL Law, LPC	Contracts Specialist Oil & Gas	5' 02"
9197	15/10/87	BA English & History	Tax Consultant	5' 11"
9198	06/02/86	MBBS	GP	5' 03"
9199	21/07/92	BDS	Dentist	5' 04"
9200	03/07/93	MBBS, BMedSc	Doctor	5' 06"
9201	21/03/90	MSC International Marketing	Marketing Consultant	5' 4½"
9202	13/07/88	BSc(hons) Computer Science	IT Incident Analyst	5' 05"
9203	24/05/90	LLB(hons)	Lawyer	5' 05"
9204	28/05/95	LLB(hons)	Trainee Solicitor	5' 11"
9205	08/08/90	BSc Computer Sci & Accountancy	Senior Fixed Income Analyst	5' 08"
9206	08/02/86	LLB, LLM	Lawyer	5' 06"
9207	28/03/83	ACA, BSc Economics	Chartered Accountant	5' 02"
9208	12/04/78	BDS, MFGDP	Dentist	5' 7½"
9209	01/07/82	MBChB	Doctor	5' 03"
9210	09/07/82	BA(hons)	Civil Service-Central Govt.	5' 00"
9211	19/06/81	MBBS, MRCP	Consultant Paediatrician	5' 06"
9212	27/01/86	BA(hons), MSc Info. Systems	IT Project Manager	5' 08"
9213	08/02/84	Diploma	Civil Servant at FCO	5' 02"
9214	18/02/88	BA(hons), PGCE	Teacher	5' 05"
9215	11/04/78	BSc(hons)	Estate Agent	5' 02"
9216	28/03/86	BA(hons) Business Studies	Net-A-Porter IT Manager	5' 06"
9217	09/03/81	BA Politics, Philosophy, Economics	own consultancy business	5' 07"
9218	23/01/94	Bachelors Economics	Business Analyst	5' 02"
9219	04/09/92	BA(hons) Interior Architecture	Architectural Designer	5' 07"
9220	06/08/93	BSc Optometry	Optometrist	5' 04"
9221	15/04/93	MSc Law & Finance	Banker	5' 6½"
9222	17/04/96	BA(hons) Accounting & Finance	ACA Trainee Accountant	5' 05"
9223	18/01/96	Fd Nuclear Eng. & Chemistry	Health & Safety Advisor	5' 4½"
9224	28/12/94	MSc Mathematics	PhD Uni Leicester	5' 07"
9225	04/12/81	MSc Physics	Research Scientist	5' 09"
9226	30/05/87	LLB(hons)	Management Consultant	5' 04"
9227	16/08/93	LLB LPC	Solicitor	5' 05"
9228	04/08/81	BA, Diploma Teaching, B Ed	Language Teacher	5' 05"
9229	13/03/87	LLB, LLM, BVC	In House Legal Investment Bank	5' 06"
9230	13/03/90	BSc Mathematics	Chartered Accountant	5' 05"
9231	20/08/94	MBBS, BSc(hons)	NHS Doctor	5' 05"
9232	26/07/92	Degree(hons) Economics & Finance	Senior Credit Risk Analyst	5' 04"
9233	27/11/81	BSc Math&Management, ACA	Director	5' 06"
9234	29/06/88	MA history	Project Co-ordinator	5' 06"
9235	09/10/91	BSc, MSc	Mental Health	5' 11"
9236	31/05/86	BSc(hons), MSc Economics	own business-Subway Franchise	5' 3½"
9237	23/03/92	M Pharm	Self Emp-Pharmacist (Locum)	5' 06"
9238	17/05/90	BSc Mathematics	Investment Consultant	5' 04"

9239	27/01/80	BSc Sports Therapy	Self Employed Therapist/Trainer	5' 05"
9240	12/12/89	MSc Economics/Econometrics	Trader Financial Services	5' 06"
9241	12/11/92	BA(hons) Eng. Lit & Creative Writing	Higher Education-Course Coord	5' 03"
9242	09/07/93	M Pharm	Hospital Pharmacist	5' 06"
9243	22/04/85	BA, M Phill	Publishing Manager	5' 05"
9244	23/08/95	LPC LLM	Trainee Solicitor	5' 02"
9245	16/03/90	BA	Data Analyst-Youth Offending	5' 06"
9246	21/02/86	MA, MSc. PhD	Government Research Labs	5' 05"
9247	05/10/89	BA(hons)	PA Admin/Practice Manager	5' 05"
9248	26/03/91	Mc Optom	Optometrist	5' 03"
9249	22/11/86	BSc Economics,MSc	Banking Treasury Support Ass.	5' 04"
9250	16/04/78	BA(hons) Accounts & Finance	Accounts Manager	5' 05"
9251	19/05/90	MSc(hons) Molecular Medicine	Scientist	5' 05"
9252	04/04/93	BA Business Management	Retail Management Manager	5' 01"
9253	19/06/87	ACCA	City Credit Capital	5' 04"
9254	12/08/86	BA(hons) French & Italian	Accenture IT Consulting	5' 07"
9255	21/05/84	CIPD Level 5	HR Assistant	5' 06"

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FREE ADVICE SERVICES AT THE GURDWARA

SERVICE	Location	Rate	Day	Time
Sikh Assisted Marriage Service	1st Floor Building	Daily	Mon - Sat Sunday	10 am - 1 pm 10 am - 3 pm
Legal Advice	Ground Floor	Every Second Thursday of the Month		
Note: This service has been discontinued				
General Enquiries Office	Ground Floor Main Bldg	Daily	Mon - Sun	10 am - 6 pm
Metropolitan Police	Ground Floor Main Bldg	Weekly	Tuesday	11 am - 12pm
Home Office Immigration Enforcement (formerly UK Border Agency)	Ground Floor New Annexe	Weekly	Tuesday	10 am - 3 pm
Financial Advice & Estate Planning	Ground Floor New Annexe	On Demand		
Disability Network Hounslow	Ground floor New Annexe	Weekly	Friday	2 pm - 4.30 pm
Gurdwara Wellbeing Centre	Ground floor Main Bldg	Weekly	Sunday	11 am - 2 pm
Gurdwara Healthy Walks	Meet Ground Floor Foyer Main Bldg	Weekly	Thursday	10 am - 12 pm
Bereavement Service	On Demand			
Drug & Alcohol Addiction Service	On Demand			

Note: Arrangements are being made to introduce addiction Services at the Gurdwara, which will benefit both congregation and local diverse community.

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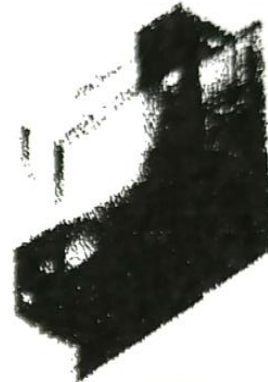
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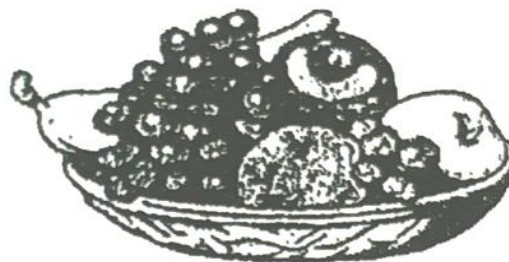
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